

## Lesson Descriptions

### Aqua Babies 6 mo.-3 yrs.

Parent & Child interactive water introduction.

### Preschool Tiny-Tots

Program designed for children 3-5 yrs. old with limited water exposure. Skills taught include bubble blowing, assisted kicking & floating & water games

### LEVEL 1/Intro to Water Skills

Skills taught include submerge face, floating, safety, exhalation, exploring arm & hand movements, open eyes under water

### LEVEL 2/Fundamental Aquatic Skills

Skills taught include jumping in, roll over, swim on side, submerge entire head, glides, wearing life jacket, tread water, swim on front and back

### LEVEL 3/Stroke Development:

Skills taught include jump in deep water, bobbing, survival float, butterfly fundamentals, basic dive, front & back crawl

### LEVEL 4/Stroke

Improvement: Skills taught include breaststroke, butterfly, elementary backstroke, side stroke, water safety skills, swim underwater

### LEVEL 5/6

Stroke Refinement & Skill Proficiency:

Skills taught include standing dive, front flip turn, backstroke flip turn, lifeguard readiness, personal water safety

\* EACH LEVEL INCLUDES A BRIEF REVIEW OF SKILLS FROM PREVIOUS LEVEL

## **CHECK OUT OUR SUMMER PROGRAMS FOR 2009**

**\*Twilight Movie Nights**

**\*Open Swim M-F 1:15-3:45pm**

**\*Kayak Lessons**

**\*Water Polo**

## **PRIVATE & SEMI PRIVATE LESSONS AVAILABLE**

### **COST:**

### **PRIVATE LESSONS:**

**\$12 PER ½ HR SESSION**

### **SEMI-PRIVATE**

### **(2 PERSON) LESSONS:**

**\$7.50 PER ½ HR SESSION PER PERSON**

### **Schedule for Private/Semi-Private**

**8:45-9:15am**

**Noon-12:30pm**

**12:30-1:00pm**

**6:00-6:30pm**

**6:30-7:00pm**

### **Registration information:**

**Registration will be taken beginning April 1<sup>st</sup> Classes have limited enrollment so enroll early to ensure space. Class and private lesson registration is not automatically carried over to the next session. We reserve the right to change class schedules as needed. We reserve the right to combine and or cancel classes that have not met the minimum requirements.**

**REFUNDS WILL NOT AND CANNOT BE GIVEN!**

## **ELLA REDKEY POOL**

**2009 SUMMER SWIM LESSONS  
REGISTRATION OPENS APRIL 1<sup>st</sup>**

**Location: Ella Redkey Pool  
1805 Main St. K. Falls, OR 97601  
(located near downtown)  
(541) 273-1477**

### **SESSION DATES:**

### **SESSION 1**

**6/22-7/9**

**Lessons held Mon/Wed**

**Dates: 6/22, 6/24, 6/29, 7/1, 7/6, 7/8**

**Lessons held Tue/Thurs**

**Dates: 6/23, 6/25, 6/30, 7/2, 7/7, 7/9**

### **SESSION 2**

**7/13-7/30**

**Lessons held Mon/Wed**

**Dates: 7/13, 7/15, 7/20, 7/22, 7/27, 7/29**

**Lessons held Tue/Thurs**

**Dates: 7/14, 7/16, 7/21, 7/23, 7/28, 7/30**

### **SESSION 3**

**8/3-8/20**

**Lessons held Mon/Wed**

**Dates: 8/3, 8/5, 8/10, 8/12, 8/17, 8/19**

**Lessons held Tue/Thurs**

**Dates: 8/4, 8/6, 8/11, 8/13, 8/18, 8/20**

**COST: \$27 PER SESSION**

**\*Session is either Mon/Wed or Tue/TH block of lessons.**